

Timetable – Wednesday 8th Jan – Friday 14th February 2025

Bermondsey and Rotherhithe Children and Family Hubs

To book on sessions please email us below

ccadmin@pilgrimsway.southwark.sch.uk

Monday

Venue: Ellen Brown

Toddler Time
(2 years and above)
10:00am-11:30am

A session for families with toddlers to explore their curiosity, learn through play and supporting next steps into nursery.

Baby Massage
(8 weeks Old-Pre-crawlers)
Booking Required

Various Dates across the year
Starts

Venue: Rotherhithe

Stay and Play
(1 year and above)
10:00am-11:30am

HENRY WORKSHOPS

- Thursday 16th January (1pm-2:30pm) Eating Well for Less at Ellen Brown
- Friday 7th February (1pm-3pm) Starting Solids at Ellen Brown
- Thursday 13th February (10am-12pm) Fussy Eating at South Bermondsey

To book email:

gst-tr.HVsupportanddevelopmentworker@nh.s.net

Tuesday

Venue: Ellen Brown

Baby and Us
(From birth up to walkers)
10:00am-11:30am

Join this relaxed session and have an opportunity to bond, play and have fun with your baby and meet other parents

SENsational Stay and Play
(0-5 years)
1:30pm-3:00pm

A fun and playful session that encourages the development of early attention, social interaction, and communication skills, for children with additional, special educational needs.

Venue: Pilgrims' Way

Stay and Play en Español
(Spanish speaking parents)
0-5 years

10:00am-11:30am

Venue: TBC

'Welcome to Parenthood'
1:30pm
From 21st Jan-10th Feb

INVITATION ONLY

A new supportive group for families with babies 0-12 months aimed at exploring and discussing topics on the first year of your baby's life with the additional benefit of support around emotional and mental wellbeing for you and your baby.

julieralph@pilgrimsway.southwark.sch.uk

Wednesday

Venue: Ellen Brown

Stay & Play
(1-5 years old)
10:00am-11:30am



Parent Drop In

A member of staff is available for help and advice for parents that are experiencing difficulties. We are here to help!!

Chattertime Plus
(18 months and above)
1:30pm-3:00pm
Starts 15th Jan 2025

A stay and play group tailored to support children with complex communication needs and areas such as attention, social interaction, behaviour, understanding language and talking.



Venue: Rotherhithe

NEW GROUP
Baby Boogie Mites
(0-12 months)
2:00pm-2:30pm

Thursday

Venue: Ellen Brown

Boogie Mites
(0-12 months)
10:00am-10:30am

Venue: Pilgrims' Way

Stay and Play
(0-5 years)
10:00am-11:30am

Venue: Rotherhithe

Breastfeeding Café
Infant feeding Drop-in

10:00am-12:00pm

Information and practical support for pregnant and breastfeeding mums and their families.

NEW GROUP

Baby Sensory Group
(0-12 months)

1:30pm-2:30pm

A relaxed space for you and your baby to exploring & discovering their new world together through touch, sound, vision, taste and smell

Venue: Ellen Brown
Melodies for Mums group
From 30th January to 3rd April
(INVITATION ONLY)

For more information and to register email: m4m@breatheahr.org

Friday

Venue: Rotherhithe

Toddlers Boogie Mites

Music programme to support children's language, brain development, communication, physical and social development.

Ages: 12 months and above

Group 1: 10:00am – 10:30 am

Group 2: 11:30am-12:00pm

Venue: Ellen Brown

Little Explorers
(Newly Walkers-18 months)
10:00am-11:30am

Engage with your child in play and help them discover the world through fun and engaging activities.

Saturday

Venue: Rotherhithe

Gardening Workshop
(2 years plus)
10.00am-11:30am

25/01/2025

22/02/2025

Email to book

ccadmin@pilgrimsway.southwark.sch.uk

Speech and Language support

Virtual Chattertime and Drop in Sessions



Are you worried that your child is not talking or doesn't understand you? Do you have questions or concerns about your child's communication skills? Please book onto a virtual session with a speech and language therapist

To book on, email: gst-tr.contacts@nhs.net

Website:
www.evelinalondon.nhs.uk/communityspeechandlanguage

Facebook: @EvelinaSLT

Free Vitamin D

Pregnant women, new mums, and children under four in the borough can get free vitamin D supplements.

HENRY Programme

This programme aims to help you feel more confident as a parent, physical activities for the little ones, what children and the whole family eats, family lifestyle habits and enjoying life as a family.

For more information, please visit
<https://www.henry.org.uk/>



To book please email:
gst-tr.hvsupportanddevelopmentworker@nhs.net

Rose Vouchers

Support to buy fresh fruit and vegetables for low-income families and living in SE1, SE15, SE16, SE5 or SE17. If you wish to register please phone 0207 358 2878 or email ccadmin@pilgrimsway.southwark.sch.uk



Southwark Start for Life offer includes help with:

- Feeding your baby ✓
- Mental health & wellbeing ✓
- Support for children special needs & disabilities ✓
- Early education at home ✓
- Accessing information, advice, and your free childcare offer ✓
- Making friends and connections ✓
- Building relationships with your baby ✓
- Everyday parenting challenges ✓

<https://services.southwark.gov.uk/>

Due to our popularity of our groups please note that priority will be given to families trying to access our sessions. We would like to keep EVERYONE safe and healthy, and some groups have a limited number of families permitted in our centres.



We kindly ask everyone **NOT** to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.

We have gone paperless to help save the environment.

Please scan the QR Code to download the timetable and find out updates.

br-cc.org.uk



50 Things To Do Before Five!

Download the app or visit the website for free fun activities to do with your child and have fun, play, and learn.

Website: <https://50thingstodo.org/>

Dolly Parton Imagination Library

If you live in Southwark and have a child under 5, you can register to receive a FREE book every month until their 5th birthday. Sign up and make bedtime fun.

For more information please email:
ccadmin@pilgrimsway.southwark.sch.uk



Contact us!

Ellen Brown Children and Family Centre

145 Grange Road (Spa Park) SE1 3EU

Pilgrims' Way Children and Family Centre

Tustin Estate, Manor Grove, SE15 1EF

Rotherhithe Children and Family Centre

Southwark Park (Hawkstone Road entrance) SE16 2PF

South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

Telephone: 0207 358 2878

ccadmin@pilgrimsway.southwark.sch.uk

Please visit our websites for further information

<http://br-cc.org.uk/br-cc/>

Healthy Minds Thrive Project

The Healthy Minds Thrive project aims to support parents and carers across Southwark (with 0-2 infants) thrive in their parenting journey. We understand that parents may experience isolation, low mood, and anxiety, worries around bonding with baby or shame about having these feelings.

For more information, please email: julia.tropiano@southwark.gov.uk